

AFRH - GMENU			
MENU #4 FOR THE WEEK OF			
	BREAKFAST 0700-0900	LUNCH 1100-1300	SUPPER 1630-1830
M	FRESH BAKED CINNAMON ROLLS	VEGETABLE SOUP	SOUP DU JOUR
O	HOT OATMEAL/HOT GRITS	CHICKEN GUMBO	SWEET AND SOUR CHICKEN
N	BLUEBERRY PANCAKES / WAFFLES	TURKEY CLUB SANDWICH	CANTONESE SPARERIBS
D	EGGS TO ORDER	EGG SALAD	FRIED RICE
A	HASH BROWN POTATOES	FRENCH FRIES	STIR FRIED VEGETABLES
Y	GRILLED HAM SLICES	STEAMED GREEN BEANS	CHOW MEIN NOODLES
	CREAMED SAUSAGE GRAVY	SALAD BAR#1	GREEN PEAS / FRENCH ROLLS
	BREAKFAST GRAVY	DESSERT BAR #1	SALAD/DESSERT BAR #1
T	BRAN MUFFINS	CHICKEN NOODLES SOUP	SOUP DU JOUR
U	HOT OATMEAL/HOT GRITS	SPLIT PEA SOUP	GRLD CHOP
			STEAK/MUSHROOMS
E	FRENCH TOAST	GRILLED CHEESE SANDWICH	GRILLED POLISH SAUSAGE
S	EGGS TO ORDER	ASSORTED PIZZA	W/ PEPPERS AND ONIONS
D	OVEN FRIED BACON	POTATO CHIPS	STEAMED BROCCOLI
A	CORNED BEEF HASH	SPINACH	CAULIFLOWER
Y	HASH BROWN POTATOES	SALAD BAR #2	SCALLOPED POTATOES
	BREAKFAST GRAVY	DESSERT BAR #2	HOT DINNER ROLLS
			SALAD/DESSERT BAR #2
W	BLUEBERRY MUFFIN	MINESTRONE SOUP	SOUP DU JOUR
E	HOT OATMEAL/CREAM OF WHEAT	CREAM OF CORN SOUP	SPAGHETTI W/GROUND MILD
D	BUTTERMILK PANCAKES / WAFFLES	SHRIMP PO-BOY	ITALIAN SAUSAGE
N	EGGS TO ORDER	TURKEY SALAD	MARINATED CHICKEN BREAST
E	GRILLED SAUSAGE LINKS	FRENCH FRIES	YELLOW SAFFRON RICE
S	CREAMED CHIPPED BEEF	SUCCOTASH	STEAMED ASPARAGUS
D	BAKED BEANS W/CORNBREAD	SALAD BAR #3	EGGPLANT CASSEROLE
A	BREAKFAST GRAVY	DESSERT BAR #3	PLAIN/GARLIC FRENCH BREAD
Y	POTATO PANCAKES		SALAD/DESSERT BAR #3
T	PECAN COFFEE CAKE	TOMATO/RICE SOUP	SOUP DUJOUR
H	HOT OATMEAL/HOT GRITS	NAVY BEAN SOUP/CORNBREAD	BAKED HAM
U	FRENCH TOAST	BEEF FAJITAS	CABBAGE ROLLS
R	EGGS TO ORDER	SAUSAGE POBOYS	BAKED POTATO W/SOUR CREAM
S	GRILLED CANADIAN BACON	ONION RINGS	TURNIP GREENS
D	MINCED BEEF	STEAMED CAULIFLOWER	CORN BREAD
A	O'BRIEN POTATOES	SALAD BAR #4	MIXED VEGETABLES
Y	BREAKFAST GRAVY	DESSERT BAR #4	SALAD BAR #4
			DESSERT BAR #4
F	FRESH BAKED CINNAMON ROLLS	TURKEY NOODLE SOUP	SOUP DU JOUR
R	HOT OATMEAL/HOT GRITS	NEW ENGLAND FISH CHOWDER	SHRIMP CREOLE
I	APPLE HOTCAKES / WAFFLES	REUBEN SANDWICHES	TURKEY POT PIE
D	EGGS TO ORDER	TUNA SALAD / CROISSANTS	STEAMED RICE
A	GRILLED SAUSAGE LINKS	CORN CHIPS	STEAMED CARROTS
Y	CREAMED GROUND BEEF	FRIED OKRA	WHOLE KERNEL CORN
	LYONNAISE POTATOES	SALAD BAR #5	PLAIN/GARLIC FRENCH BREAD
	BREAKFAST GRAVY	DESSERT BAR #5	SALAD/DESSERT BAR #5
S	BANANA NUT MUFFINS	VEGETABLE SOUP	SOUP DU JOUR
A	HOT OATMEAL/CREAM OF WHEAT	PINTO BEAN SOUP/CORNBREAD	CHILI WITH BEANS AND RICE
T	BUTTERMILK PANCAKES	BLT SANDWICHES	ROAST PORK SHOULDER/GRAVY
U	EGGS TO ORDER	CHUNKY CHICKEN SALAD	SAUERKRAUT & POTATOES
R	OVEN FRIED BACON	FRENCH FRIES	DINNER ROLLS
D	CORNED BEEF HASH	ENGLISH PEAS	BRUSSEL SPROUTS
A	COTTAGE FRIED POTATOES	SALAD BAR #6	STEAMED BEETS
Y	BREAKFAST GRAVY	DESSERT BAR #6	SALAD/DESSERT BAR #6
S	BRAN MUFFINS	CHICKEN/RICE SOUP	SOUP DU JOUR
U	HOT OATMEAL/HOT GRITS	KNICKERBOCKER SOUP	SOUTHERN FRIED CHICKEN
N	FRENCH TOAST / WAFFLES	LOADED BAKED POTATO	LIMA BEANS with Ham
D	EGGS TO ORDER	CRAB POBOY	MSHD POTATOES/RICE/GRAVY
A	GRILLED SAUSAGE PATTIES	PIMENTO CHEESE SANDWICH	COLLARD GREENS
Y	CREAMED GROUND BEEF	BAKED BEANS	CORN ON THE COB
	O'BRIEN POTATOES	HOME FRIES	CORNBREAD
	BREAKFAST GRAVY	SALAD/DESSERT BAR #7	SALAD/DESSERT BAR #7

DESSERT BAR SELECTIONS

Popsicles, sherbet, SF gelatin, soft serve and cup yogurt both regular and FF/SF available at Lunch and Dinner

- #01 - STRAWBERRY SHORTCAKE, BANANA PUDDING
- #02 - APPLE PIE, SUGAR FREE CHERRY PIE, VANILLA PUDDING
- #03 - CUSTARD PIE, PISTACHIO PUDDING
- #04 - BREAD PUDDING, SF BREAD PUDDING, VANILLA PUDDING
- #05 - PECAN PIE, BUTTERSCOTCH PUDDING
- #06 - BLKBERRY COBBLER, CHOC PUDNG, SF APPLE CIN.CRISP
- #07 - CHOCOLATE CHIP COOKIES, COCONUT PUDDING

DEPUTY DIRECTOR

GRILLED ITEMS AVAILABLE AT LUNCH

GRILLED CHEESE SANDWICHES,
UHAMBURGERS/CHEESEBURGERS

UGRILLED CHICKEN BREAST

UGRILLED HOT DOGS/SAUERKRAUT/CHILI

DIRECTOR

DIET MENU #4 - FOR THE WEEK OF

ALL CALCULATIONS ARE BASED ON A 3 OZ. MEAT SERVING, ONE CUP OF SOUP, ½ CUP SERVING OF STARCHES, FRUITS AND VEGETABLES. ***INDICATES A MENU ITEM PREPARED WITH EXTRA LEAN GROUND BEEF.**
ALL RESIDENTS ARE ENCOURAGED TO SELECT A RAW VEGETABLE SALAD AT EACH MEAL.

SF = SUGAR FREE		LF = LOW FAT ITEM		LS/LF = LOW SODIUM/LOW FAT		
	BREAKFAST 0700-0900	CAL	LUNCH 1100-1300	CAL	SUPPER 1630-1830	CAL
MON	HOT OATMEAL/GRITS	85	VEGETABLE SOUP	85	VEGETABLE SOUP	85
	SCRAMBLED EGGBEATERS	45	SLICED TURKEY	225	SWEET & SOUR CHICKEN	279
	HARD BOILED EGGS (2)	160	GRAVY	50	BROWN RICE	80
	STEWED PRUNES (3)	60	STEAMED GREEN BEANS	26	STIR FRIED VEGETABLES	30
	SLICED HAM	210	CARROTS	30	GREEN PEAS	80
TUE	HOT OATMEAL/GRITS	85	SPLIT PEA SOUP	100	SPLIT PEA SOUP	100
	SCRAMBLED EGGBEATERS	45	VEGGIE PIZZA (1 SLICE)	190	SALMON PATTY	190
WED	HARD BOILED EGGS (2)	160	CAULIFLOWER	30	LF SCALLOPED POTATOES	130
	STEWED PRUNES (3)	60	CREAMED CORN	32	STEAMED BROCCOLI	25
	LF/LS SAUSAGE LINKS	80			SPINACH	32
	VEG/BACON/CHZ FRITTATA	185			CROWDER PEAS	90
THU	HOT OATMEAL	85	MINESTRONE SOUP	89	MINESTRONE SOUP	89
	HOT CREAM OF WHEAT	85	CHICKEN ALFREDO	210	SPAGHETTI W/SAUCE	165
	SCRAMBLED EGGBEATERS	45	SUCCOTASH	90	STEAMED ASPARAGUS	30
	HARD BOILED EGGS (2)	160	ZUCCHINI SQUASH	30	EGGPLANT CASSEROLE	78
	STEWED PRUNES (3)	60			PLAIN FRENCH BREAD	80
	BAKED BEANS	85				
FRI	HOT OATMEAL/GRITS	85	NAVY BEAN SOUP	100	NAVY BEAN SOUP	100
	SCRAMBLED EGGBEATERS	45	LF TUNA SALAD	140	HERB BAKED FISH	170
	HARD BOILED EGGS (2)	160	STEAMED CAULIFLOWER	30	BAKED POTATO	90
	STEWED PRUNES (3)	60	BABY LIMA BEANS	90	TURNIP GREENS	30
	CREAMED GROUND TURKEY (1/4 CUP)	90			MIXED VEGETABLES	30
SAT					PURPLE HULL PEAS	90
SUN	HOT OATMEAL/GRITS	85	TURKEY NOODLE SOUP	75	TURKEY NOODLE SOUP	75
	SCRAMBLED EGGBEATERS	45	LF GRILLED CHEESE SAND	250	GLAZED CHICKEN/RICE	230
MON	HARD BOILED EGGS (2)	160	OKRA AND TOMATOES	29	FRENCH BREAD	80
	STEWED PRUNES (3)	60	PEAS W/PEARL ONIONS	90	STEAMED ASPARAGUS	30
	SLICED HAM	210	SF PEACH COBBLER	180	WHOLE KERNEL CORN	80
					SF PEACH COBBLER	180
TUE	HOT OATMEAL	85	VEGETABLE SOUP	85	VEGETABLE SOUP	85
	CREAM OF WHEAT	85	LF CHUNKY CKEN SALAD	135	SLICED PORK LOIN	210
	SCRAMBLED EGGBEATERS	45	SPINACH	32	BAKED SWEET POTATO	90
	HARD BOILED EGGS (2)	160	CALIFORNIA MIX	36	BRUSSEL SPROUTS	30
	STEWED PRUNES (3)	60			SF SLICED APPLES	65
	SWT POTATO PANCAKE	105			BROWN RICE	80
WED	HOT OATMEAL/GRITS	85	KNICKERBOCKER SOUP	96	KNICKERBOCKER SOUP	96
	SCRAMBLED EGGBEATERS	45	TURKEY HOT DOG	100	OVEN FRIED CHICKEN	250
	HARD BOILED EGGS (2)	160	BUN	90	MASHED POTATOES/GRAVY	82/50
	STEWED PRUNES (3)	60	WHOLE BABY CARROTS	30	COLLARD GREENS	30
	LS/LF SAUSAGE PATTIES	115	BAKED BEANS	86	CORN ON THE COB	80
BREAKFAST STANDARD MENU ITEMS						
BOILED EGGS, PRUNES, BAGELS, BISCUITS, ENGLISH MUFFINS, WAFFLES, FRUIT COCKTAIL, SYRUP, SF SYRUP, HONEY, JAMS, JELLIES, SF JELLY, PEANUT BUTTER, ASSORTED JUICES, BANANAS, GRAPEFRUITS, ASSORTED FRUITS, CREAM CHEESE, VEGETABLE BURGERS AND TOAST.						
STANDARD MENU ITEMS - ALL MEALS						
ASSORTED BREADS AND DRY CEREALS, LEMONADE, ASSORTED MILK BEVERAGES AND SOFT DRINKS (REGULAR AND DIET), REGULAR AND DECAFFINATED COFFEE, TEA BAGS, UNSWEETENED TEAS, SLICED LEMONS						
STANDARD SALAD BAR FOR LUNCH AND DINNER						
LETTUCE garnished w/romaine leaves SLICED TOMATOES CELERY STICKS GREEN ONIONS CARROT STICKS DILL PICKLE SLICES SWEET PICKLES CUCUMBERS SLICED ONIONS CHEESE JALAPENO PEPPERS						
ROTATING SALAD BAR ITEMS FOR LUNCH AND DINNER						
Monday, Wednesday, Friday,			Tuesday, Thursday, Saturday		Sunday	
Beets, Sliced Green Peppers,			Pickled Beets, Black Beans,		Beets, Black Eye Peas,	
Broccoli, Shredded Carrots,			Chopped Green Peppers,		Sliced Black Olives, Broccoli,	
Garbanzo Beans, Green Olives			Whole Black Olives,		Sliced Green Peppers	
			Cauliflower, Chopped Celery		Shredded Carrots	
STANDARD DRESSINGS						
DIET FRENCH DRESSING		DIET ITALIAN DRESSING		DIET RANCH DRESSING		
BLUE CHEESE DRESSING		DIET THOUSAND ISLAND DRESSING		OIL & VINEGAR		
DAILY SALAD BAR						
#01	WALDORF SALAD, CHUNK PINEAPPLE, SUGAR FREE LEMON GELATIN					
#02	CARDINAL SALAD, SLICED PEACHES, SUGAR FREE STRAWBERRY GELATIN W/FRUIT					
#03	KIDNEY BEAN SALAD, SLICE PEARS, SUGAR FREE ORANGE GELATIN					
#04	PASTA SALAD, SLICED APRICOTS, SUGAR FREE RASPBERRY GELATIN					

- #05 POTATO SALAD, SLICED PINEAPPLE, SUGAR FREE LIME GELATIN W/FRUIT
- #06 CARROT/RAISIN SALAD, SLICED PEACHES, SUGAR FREE CHERRY GELATIN
- #07 THREE BEAN SALAD, SLICED PEARS, SUGAR FREE BANANA/STRAWBERRY GELATIN